

Connect with Us

Connecting Point is a community organization dedicated to providing programs that support the health and well-being of our community. Learn more about us here:



BY PHONE

530-274-5601



BY MAIL

208 Sutton Way
Grass Valley, CA 95945



ONLINE

connectingpoint.org



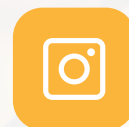
FACEBOOK

211connectingpoint
211placer



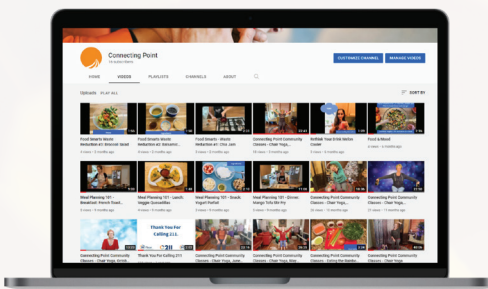
TWITTER

@211NevadaCounty



INSTAGRAM

@211Connecting Point



Connecting Point's YouTube Channel

Connect to online health and wellness classes, like our popular Chair Yoga, nutrition and meal-planning classes. These are offered free of charge and available online at your convenience. No registration is required.

Go to ConnectingPoint.org/Classes to get started.

Special Thanks to Our Partners



Community Classes

summer/fall 2022



connecting point
community services central



HEALTH & WELLNESS

Ready, Set, Safe

Disaster can strike at any time, without warning. Learn how to create a plan to protect yourself, your family, and your property during man-made and other kinds of disasters. This class addresses types of disasters, key elements of disasters, understanding the hazards in your community, and how to develop your disaster plan. *This will be held in person at the Madelyn Helling Library and available on Zoom.*

Tuesday, September 13 | 3:30 - 5:00 pm

Stress Busters

Beat back stress with these fun, interactive classes, exploring a variety of stress-busting tools and techniques to live a healthier life.

Humor and Stress Management

You will learn about what stress is and assess your own stress levels, all while exploring how humor, the act of laughing and guided imagery can positively impact your life and decrease stress.

Thursday, September 8 | 2:00 - 4:00 pm

Thursday, November 30 | 2:00 - 4:00 pm

Minimizing Stress through Self-Care and Mindfulness

You will review how stress impacts your health, learn 25 ways to improve your health and happiness, learn to say "No" and engage in mindfulness activities.

Thursday, July 7 | 2:00 - 4:00 pm

Thursday, October 27 | 2:00 - 4:00 pm



Eating the Rainbow

A plant-focused diet has many benefits – from preventing chronic disease to keeping your memory strong to strengthening your immune system. In this class series brought to you by Nevada County Public Health in partnership with BriarPatch Food Co-op, we will explore the unique benefits of each color group of fruits and vegetables, how to eat in season, and how to plan meals around plants. The class includes a recipe and tasting. *This will be an in-person class.*

Thursday, September 29 | 2:00 - 3:00 pm

Cooking with Beans and Grains

Beans and grains make a perfect pair – they taste great together and nutritionally they complement one another. In this class series brought to you by Nevada County Public Health in partnership with BriarPatch Food Co-op, we will explore the different types of whole grains and beans, how to prepare them and the many ways to include them in meals. Class includes a recipe and tasting. *This will be an in-person class.*

Thursday, December 1 | 2:00 - 3:00 pm

Chair Yoga

Brought to you by Nevada County Public Health, chair yoga is a gentle form of yoga that can be done while sitting. Some poses can also be done standing using a chair for support. Chair yoga can improve your flexibility, concentration, and strength, while boosting your mood, and reducing stress and joint strain. *This will be available on Zoom and in person.*

Tuesdays: July 19 - August 2 | 4:00 - 4:45 pm

Tuesdays: October 18, 25 and November 1 | 4:00 - 4:45 pm

Qigong

Use breathing techniques, gentle movement, and meditation to cleanse, strengthen, and circulate your life energy (qi), Qigong promotes health and vitality and a tranquil state that we call a “Qigong state of mind.” These sessions provide a practical, easy-to-follow, daily ritual to self-healing.

Wednesdays: August 17, 24, 31 | 10:00 - 11:00 am
Madelyn Helling Library

Wednesdays: November 30 & December 7, 14 | 10:00 - 11:00 am
Location TBD

CAREGIVER SKILLS

Self-Care for Caregivers

Take responsibility for your self-care and improve your mental, emotional, and physical health. Identifying sources of strength, such as healthy activities, family, mentors, and friends, can help minimize stress. We will identify warning signs and ways to make self-care a priority. *This will be available on Zoom and in person.*

Tuesday, November 8 | 3:30 - 5:00 pm

Relationship Building for Caregivers

This class will help you build and maintain healthy Caregiver/Client relationships. Learn how to determine, set, and maintain boundaries with your clients while maintaining professionalism throughout. *This will be available on Zoom and in person.*

Tuesday, December 13 | 3:30 - 5:00 pm

Confident Dementia Caregiver (3-class series)

The Confident Dementia Caregiver #1

What is Dementia and Alzheimer's Disease?

Learn about the various types of dementias, including Alzheimer's disease, and the accurate diagnosis, treatments, and resources for those with memory loss.

Monday, July 11 | 2:00 - 4:00 pm

The Confident Dementia Caregiver #2

Communication & Validation Techniques for Dementia Clients

Learn basic communication skills, including validation and reminiscence techniques, to reduce stress and increase quality of life for persons with memory loss.

Thursday, July 14 | 2:00 - 4:00 pm

The Confident Dementia Caregiver #3

Responding to Behavioral Challenges of Dementia Clients

Explore realistic and concrete approaches to those with memory loss who exhibit aggressive, repetitive, agitated, or combative behaviors.

Monday, July 18 | 2:00 - 4:00 pm

Making Health Care Decisions

Advance Directives and POLST Forms

Understand how to complete your own Advance Health Care Directive and POLST forms, in which you will make decisions about your own health care and end-of-life decisions. Legal forms that do not require an attorney to complete will be available in the class. *This will be an in-person class at the Madelyn Helling Library.*

Monday, October 24 | 2:00 - 4:00 pm

Adult CPR & First Aid

Learn basic *CPR and First Aid*, including use of AEDs (Automated External Defibrillators). Areas of focus include sudden cardiac arrest, choking, basic life support care, and serious injury.. You must complete the entire class and pass a practical and written skills test to obtain your certification.

Wednesday, August 10 | 9:00 am - 4:30 pm

Wednesday & Thursday: October 19, 20 | 1:00 - 4:30 pm

Wednesday & Thursday: December 7, 8 | 1:00 - 4:30 pm

TECHNOLOGY

Make Your Smartphone Work Better for You!

In this class presented by *California Phones, keeping you connected*, you will learn how to operate the basic functions of your smartphone, send text messages, enlarge the text so that it is easier to read, connect to Bluetooth devices, make your smartphone louder and easier to hear, and much more. This class will be specific to the type of phone you own, either iPhone or Android. Classes are on-going. To register for classes or for more information, call 1-866-271-1540 or email: smartphonetraining@ddtp.org.

Technology One-on-One Appointments

Need some hands-on time learning a new skill? Have a technology issue that you just can't figure out? Make a free appointment with one of the seasoned volunteers or staff at the Madelyn Helling Library! Technology appointments are created on an as-needed basis. Any technology-related question will be considered! Smartphone, Laptop, Tablet, VR Headset, and more! You can call to book an appointment at (530)-470-2677.

Tech Drop In

Have a question about your device? Want to learn more about the Library's digital services and how to use them? Drop-in from 10:00 am - 12:00 pm every Wednesday at Madelyn Helling Library for help from friendly Library volunteers. There will be free coffee and donuts, too!

Tech It Out

Tech It Out features a revolving set of topics around PC use, smartphones, and other gadgets taught by seasoned Library technology volunteers. *Tech It Out* takes place in the Madelyn Helling Library Collaborative Technology Center on the second and fourth Friday of each month!



Staying Healthy

The connection between diet and health is complex, but how and what you eat impacts your overall health and disease risk. In this series brought to you by Nevada County Public Health in partnership with BriarPatch Food Co-op, we will explore the connection between what you eat and how you feel, heart health, sleep and health, diabetes risk, and bone health. Each class includes a hands-on cooking activity. *This will be an in-person class.*

Thursdays: August 18, 25, & September 1 | 2:30 - 3:30 pm

Thursdays: November 3, 10, 17 | 2:30 - 3:30 pm